



Virginia Cooperative Extension



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Dear Volunteer, Coach or Parent:

Good nutrition is essential in helping your children and team be all they can be when participating in sports activities. The Virginia Cooperative Extension, Family and Consumer Sciences program has practical solutions and research based information FREE to you!

If you would like more information on peak sports nutrition publications and other services, complete the form below and return it to:

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Yorktown, Virginia 23690-0532

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Publications and Services available:

- _____ Nutrition and Physical Fitness
- _____ Athletes Fuel Up for Fitness
- _____ Eating to Compete: Your Game Plan for Eating on the Road
- _____ Sports Nutrition Tips
- _____ Breakfast is for Champions
- _____ Top Sports Foods: Some Healthful Choices
- _____ Foods Highest in Carbohydrates
- _____ Sample High Carbohydrate Restaurant Meals
- _____ The Pre-competition Meal
- _____ Carbohydrate Loading: Tips for Endurance Athletes
- _____ Carbs "To Go": Tips for the Traveling Athlete
- _____ Eating for The Long Run
- _____ Sports Nutrition Quiz
- _____ Nutrition from the Web List: My e-mail address is _____
☐ I don't have computer access
- _____ 15 – 30 minute presentation by the Family and Consumer Sciences, Health & Wellness agent for your team or league.

Name: _____

Coach / Parent
(Please circle one)

Address: _____

City: _____ State: _____ Zip: _____

Day Phone: _____

Sport(s) Coached/Played: _____

Please allow two weeks to receive requested publications.